

Mountaineer

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Visit the Fort Carson Web site at www.carson.army.mil

July 23, 2004



Photo by Pfc. Clint Stein

Brushing up ...

Spc. Chad Rawls, Battery B, 3rd Battalion, 29th Field Artillery, cleans the gun tube of an M-109A6 self-propelled howitzer July 16 during Sergeant's Time Training. Rawls was preparing the Paladin for a battery inventory and lay out. This is the first inventory for the battery since returning from Operation Iraqi Freedom. The unit is also ensuring the vehicles and equipment are prepared for upcoming field exercises.



Photo by Spc. Zach Mott

Blood center needs donors

by Rochelle Kelly DeVargas
Bonfils Blood Center

Bonfils Blood Center is hosting a blood drive Monday at the Special Events Center from 10 a.m. to 3 p.m. It is open to civilians as well as military personnel and their families.

All donors will receive a free water bottle and a coupon for a free pint of ice cream from Baskin Robbins. Donors can walk in during the blood drive, but appointments are strongly encouraged. Call 526-7303 to schedule an appointment.

Troops stationed in Afghanistan or Iraq can donate blood 12 months after the date of departure from those countries.

To speak to a Bonfils Blood Center donor representative about donating blood and donor

eligibility, call (800) 421-9529, ext. 2, between 8 a.m. and 4:30 p.m., Monday through Friday. More information can be found at www.bonfils.org.

Bonfils Blood Center supplies blood products to more than 115 healthcare facilities, including Evans Army Community Hospital, and must collect at least 4,200 units of blood every week to meet the needs of the community. In addition, Bonfils Blood Center has been selected by the Department of Defense to provide blood to troops in Iraq when needed.

Two more blood drives are scheduled for Sept. 27 and Dec. 13. For information on blood drives, or to schedule a presentation about the importance of donating blood, call 248-8445.

Street breakfast ...

Bethany Costra, 5, holds her plate high as Capt. Kathleen Owings, 52nd Engineer Battalion S-1, stacks a scoop of eggs on top. Bethany enjoyed eggs, pancakes and juice during the 44th Annual Sertoma Street Breakfast in downtown Colorado Springs Wednesday to kick off the Pikes Peak Range Riders 160-mile ride. More than 5,000 people attended the event. For a related story and photos, see pages 16 and 17.

INSIDE THE MOUNTAINEER

Opinion/Editorial
Keeping Soldiers safe. Page 2

Military
Job hunting on the outside. Page 5

Community
CYS summer programs. Page 11

Sports
Post team preps for state games.
Page 19

Feature



Range riders, rodeo kick off with a street breakfast downtown Wednesday.

See Pages 16 and 17.

Happenings



A giant waterslide is available at the Rock Canyon swim beach, part of Lake Pueblo State Park.

See Pages 25 and 26.

Outdoor pool

The outdoor pool will be closed July 31 until 1 p.m. for the Colorado State Games.

For more information, call 526-4456.

Post Weather hotline:
526-0096

What does it take?

Keeping Soldiers safe

by Matthew P. Kettell
Army News Service

FORT BENNING, Ga. — In April 1989, two of my Soldiers were killed when they hit an oncoming vehicle. They'd both been drinking and neither was wearing a seatbelt.

They'd been on their way to pick up a fellow Soldier and bring him back to a party. However, they never returned and what happened changed my life forever. I was their platoon sergeant.

We had just finished several support missions, redeployed to home station and were transitioning to be the division readiness force for the 82nd Airborne Division. It was a Thursday, and we had completed all our inspections and were getting ready for a three-day weekend. The commander gave us our safety briefing.

Afterward, I briefed my platoon on the two-hour recall procedures and gave them an additional safety brief. I covered drinking and driving, speeding and wearing seatbelts. Also, because of mission constraints, I told them not to drink any alcohol.

I was concerned about a couple of my Soldiers. A day or so earlier, their wives called me out of concern about their husbands' drinking and driving and lack of time at home. I decided to have a man-to-man talk with these Soldiers about their wives' concerns. I set it up so I could talk to each individually at my home.

The Soldiers were 19 and 20 years old — at the prime of their lives — and had so much ahead of them. One was about to be a father in three weeks.

We had a recall formation to test the alert roster the

following Monday morning. As the squad leaders gave me their accountability reports, they reported two Soldiers missing. The Soldiers' wives were there, but the Soldiers weren't.

I went to the first sergeant's office to inform him of the report but he was with the commander, who asked me to come into his office. He told me the division staff duty officer had informed him that two Soldiers were killed in an accident involving another Soldier's car. The vehicle's owner told me that my Soldiers had borrowed the vehicle.

The victims' bodies were burned beyond recognition. The coroner needed to check their dental records for proper identification. I was 99 percent sure they were my two missing Soldiers.

I asked the commander what we were going to do because the wives were at the staff duty officer's desk wanting to know where their husbands were. As time went by, the wives became increasingly upset. They had not been told the full situation yet, but in time, the dreadful call came.

I often wonder how you tell a Soldier the worth of his life, the importance of his family and the happiness a newborn child will bring. I thought I had gotten through to these Soldiers, yet they died — not in combat, something that might be justified — but in an avoidable accident.

To this day I still ask myself, "What does it take?"

Editor's note: Matthew P. Kettell is currently the tactical safety officer for 2nd Brigade, 82nd Airborne Division.

Letter to the editor:

Dear residents;

My heartfelt and sincere appreciation goes to all of you who participated in our survey on the street name change. The results are as follows:

| | |
|----------------|----|
| Boulder Summit | 28 |
| Bastogne Drive | 38 |
| Other | 1 |

Effective Aug. 1, Bastogne Drive will replace J.A. Jones Drive. New street signs will be placed July 30. Please submit a change of address at the post office to ensure your mail will be forwarded. Also, use your best judgment in notifying the appropriate parties (family, friends, employers, financial institutions, creditors, etc.).

This change has been in the works for some time now and was basically brought forward due to the fact that traditionally, Army post's streets are named after a battle or a city where a battle was fought, rather than after a business entity.

We sincerely appreciate your patience and apologize for any inconvenience this may cause.

Respectfully,
Lynn Rivera

General Manager,
Fort Carson Family Housing



What is the most fun thing you've done at Child Youth Services this summer?



"I went to the fire station."

Alicia Vela, 7
family member,
Department of Defense



"I played with my friends."

Carah Young, 7
family member,
Department of Defense



"Sewing."

Domonique Hayes, 7
family member,
Department of Defense



"Playing on the playground."

Kaitlynn Strahl, 7
family member,
Department of Defense

LETTERS TO THE EDITOR

The *Mountaineer* invites readers to write letters to the editor in response to stories in the *Mountaineer* or events that affect the entire Mountain Post Team.

Guidelines are set to ensure fairness to everyone. All letters must be signed and include an address or unit designation and daytime telephone number for verification. No address or telephone number will be published and name

will be withheld upon request. Anonymous letters will not be considered.

Letters should be no longer than 200 words in length. The *Mountaineer* reserves the right to appropriately edit all letters. If a letter involves an on-post situation, the text of the letter will be forwarded to the appropriate person or directorate for comment. Obscene or pornographic language or materials will not be published.

Because of legal restrictions, both in federal regulations and AR 380-1, under which the *Mountaineer* is published, no letters concerning local or national political issues will be published. Publication of any letters will also conform to all appropriate Department of Defense and U.S. Army regulations.

Letters may be sent to: Letters to the Editor, The *Mountaineer*, 1550 Specker Ave., Fort Carson, CO 80913 or dropped off at the *Mountaineer* office, building 1550, Room 2180.

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News

Rocky Mountain State Games sports filling quickly, registration deadlines approaches

Courtesy of Rocky Mountain State Games

The Colorado Springs Sports Corporation announced today in-line Hockey registration is officially closed for the 2004 Rocky Mountain State Games due to a maximum number of teams entering into the three-day tournament at Nexed In-line Hockey Arena.

Owned and operated by the Colorado Springs Sports Corporation, the Rocky Mountain State Games is a statewide, multi-sport festival open to athletes of all ages and athletic abilities. The games run Friday to Aug. 1 at various venues throughout Colorado Springs and Monument.

In-line hockey attracted 35 teams this year, the maximum number for bracketing in the three days of Rocky Mountain State Games competition.

"I credit our outstanding commissioners and the reputation of Nexed In-line Hockey Arena with the remarkable success of this sport in the Rocky Mountain State Games," said State Games Director, Doug Martin.

"It's great to see so much enthusiasm for this sport and we are committed to providing a top-notch in-line hockey tournament for Colorado's athletes."

In addition to in-line hockey, the 2004 Rocky

Mountain State Games offers competition in 20 other sports, including: five-kilometer run/walk, archery, badminton, basketball, billiards, bowling, field hockey, figure skating, foosball, golf, martial arts, racquetball, soccer, softball, swimming, table tennis, tennis, track and field, triathlon and weightlifting.

"With sports now filling up and registration deadlines approaching, I would encourage athletes to sign up as soon as possible," added Martin. "Registrations vary for each sport, but there are several sport registrations closing down this Friday."

In 2003, the Rocky Mountain State Games attracted nearly 3,200 competitors from more than 85 cities and towns throughout Colorado. This year, the sports corporation expects 4,500 participants.

For more information, to register or to volunteer, go to www.TheSportsCorp.org or call 634-7333, ext. 1007.

In the tradition of the Olympic Games, this year's Rocky Mountain State Games will feature an opening ceremony on Friday, at the Outdoor Track Stadium of the U.S. Air Force Academy. The opening ceremony will feature:

- Ceremonial parade of athletes.

- The U.S. Air Force Academy "Wings of Blue" Skydivers.

- Polynesian fire twirlers.
- Fort Carson "Harmony in Motion" choir group.
- Sports exhibitions and demonstrations.
- Finish of the five-kilometer run/walk.
- Kid's 1/2 mile fun run.
- Live entertainment from "Entourage" and others.

Also featured in the opening ceremony is Miss Colorado 2004, the Denver Broncos cheerleaders, sports juggler Albert Lucas and the 2003 RMSG Female Athlete of the Year. Gates will open at 5:30 p.m. with the ceremony officially beginning at 7:30 pm. The evening will conclude with the lighting of the Rocky Mountain State Games cauldron by Olympic Gold Medalist Rulon Gardner.

Sport specific schedules will be available on the Web site www.TheSportsCorp.org beginning Wednesday and will also be available at the Athlete T-shirt Tent Friday at 5:30 pm. T-shirt pick up will take place at the Athlete T-shirt Tent from 5:30 to 8 p.m. on Friday.

If you have any questions prior to the State Games weekend, call 634-7333, ext. 1007.

National Night Out:

Taking a stand against crime

by Joey Bautista
Installation volunteer and Mayoral
Program Coordinator

National Night Out is the one night in the year set aside to promote crime prevention and drug awareness.

Fort Carson will host a community information fair in support of the 21st National Night Out Aug. 3, from 4 to 8 p.m. at the Fort Carson Ironhorse Park. The purpose of this fair is to develop strong community ties and provide ways and means to fight crime, drug abuse and build a better and safer "hometown Fort Carson community."

The fair will provide information on post and "one-stop shopping" to anyone looking for information on programs and services available on Fort Carson or the surrounding communities. The goal is to provide members of the Fort Carson community

the opportunity to sign up on-site for information available about local programs and upcoming events.

This is the seventh year Fort Carson will participate in the celebration of the nationwide National Night Out event. In the past, Fort Carson has been recognized for the "Best Military Installation" in participating the National Night Out.

To display the Fort Carson community spirit, Soldiers from major military units on Fort Carson are also being invited to provide information displays about their units and family readiness groups.

Matt A. Peskin, an executive with the National Town Watchers Association, started National Night Out in 1984. Its purpose is to heighten awareness and strengthen participation in local anticrime efforts.

Perkins found that in a typical "crime-watchers community," only 5 to 7 percent of the residents were participating actively. In an attempt to raise this per-

centage, he formed a national program which would be coordinated by local crime prevention agencies and organizations — one involving entire communities at one time.

The first National Night Out was introduced in 1984. Subsequently, the event is held the first Tuesday in August.

Fort Carson's National Night Out will have activities for everyone. Events for the evening will include K-9 obedience training demonstration, self-defense demonstration, crime awareness, childrens' fingerprinting and a community picnic with free food, fun and entertainment.

Everyone is invited to come out to the Ironhorse Park Aug. 3, to join their neighbors in taking a stand against crime.

For more information or question, please call Army Community Service at 526-4590 or 526-1082.

Military

ACAP teaches job hunting skills

by Pfc. Clint Stein
Mountaineer staff

Looking for a job after retiring or separating from the Army can be a stressful and exhausting experience if the Soldier is not prepared for the transition.

The Army Career and Alumni Program has dedicated counselors to help a Soldier through what can sometimes be a difficult transition from a professional military life to the civilian job market.

Soldiers who are separating from the Army with less than 20 years of service can start their preparation through ACAP a year prior to their exit and those who are retiring can start two years prior. When Soldiers have made the decision to separate from the Army, it is best if they make an appointment with the ACAP as soon as possible, said Dr. Denis Leveille, Transition Services Manager for ACAP.

One of the first things a Soldier does while meeting with one of the counselors is fill out a preseparation counseling checklist, Department of Defense form 2648. The checklist is used to record a Soldiers preseparation services and benefits request and to also identify preseparation counseling areas of interest as a basis for development of an Individual Transition Plan. After establishing an ITP for the Soldier, the counselor can then provide a more personalized service to fit that Soldiers' particular needs.

Once the Soldiers have gone through the initial counseling, there is a three-day workshop they must attend to get information presented jointly by the Department of Labor, ACAP and Veterans Affairs. During the workshop, Soldiers are briefed on topics of job searching, job applications, networking, interviews, veterans benefits, translating military skills to civilian skills as well as re-enlistment in the Army.

Although ACAP is designed to help Soldiers find a career in the civilian job market, it also looks at the Soldier's option of staying in the Army, said Leveille. "Out of all the clients that find jobs, about 12 percent of those re-enlist," he said. "We would even like to see that number increased to about 20 to 25 percent." Sometimes it's in the best interest of the Soldier to stay in the military, added Leveille.

After the workshop the clients are ready to begin their job search but not before at least half of the Soldiers are "re-invented," said Dr. William Barnson, Contractor Installation Manager for the ACAP center. Many clients either don't have the skills or don't like the job they're in and request an alternative field of employment.

Several of the jobs in the Army may not have a practical place in the civilian job market, but Soldiers may have more training for the civilian world than they think, said Barnson. Employers seek out military personnel a lot of the time because the employer

knows that the Soldiers are highly dependable, know how to lead people and are self motivated, said Barnson. "If a client has 80 percent of the skills needed for a job, the employer usually doesn't mind training them in the other 20 (percent)," Barnson explained. The counselors help the clients develop a resume that best suits their military experience and the job they are applying for.

Although resumes are still used as a tool for getting a job, they are now being used a little differently than they were several years ago, said Barnson. The counselor first has the client look for jobs he is interested in and then develops a final resume using the criteria of the potential employer based on key words and experience of the client. Many employers look for these key words or simply scan the resume for them. This helps the employer sort through many applications that could take hours to read.

The way of looking for jobs has also changed over the course of time as well. "Today, about 90 percent of job openings are posted on the Internet," said Barnson. The ACAP center has access to several public job sites on the Internet that offer more than a million different jobs. The ACAP center is even testing a new private site that has roughly 4.5 million job listings.

Military Briefs

Misc.

Enlistment bonus — If you were deployed in Iraq, Kuwait or Afghanistan, you may be entitled to a lump sum reenlistment bonus of \$5,000. Effective April 13, the Army announced a retroactive bonus to qualified Soldiers that reenlisted from March 18, 2003, to Sept. 18, 2003.

Also effective May 18, the Army announced a new listing of Selective Reenlistment Bonus and Targeted SRB Program. Under this new message, qualified Soldiers may be eligible for a lump sum bonus of up to \$10,000.

To see if you were qualified, please see your local Career Counselor:

3rd ACR — 526-3417

3rd BCT — 526-4549

43rd ASG — 526-9366

Division troops — 526-3983.

Officer Candidate School Board

— There will be an Officer Candidate School board Nov. 17 and 18. All participants must report in Class As. All packets must be turned in to the 502nd Personnel Support Battalion, building 1118, room 208, no later than Nov. 4. For more information, call Spc. Samantha Lamping at 526-6481.

Warrant officer recruiting — The U.S. Army is looking for highly motivated Soldiers, Marines, Sailors and Airman to fill its warrant officer ranks.

Positions are open in all 45 specialties if you qualify.

Applicants with less than 12 years active federal service are encouraged to apply.

For more information, contact the Warrant Officer Recruiting Team at www.usarec.army.mil/warrant or call

(502) 626-0484.

U.S. Military Academy positions available — The U.S. Military Academy at West Point is looking for branch-qualified company grade officers and non-commissioned officers in the rank of sergeant first class interested in an assignment to the USMA. NCOs should have drill sergeant or platoon sergeant experience with 12 to 15 years of service to be assigned to the staff and faculty as instructors and company tactical NCOs.

Selected officers will normally attend advanced civil schooling for up to two years followed by a three-year tour at West Point.

For application information, go to <http://www.usma.army.mil/adjutantgeneral> or write to Management Operations Branch, AG Division, West Point, N.Y. 10996-1926.

Special Forces briefings — Special Forces briefings will be conducted weekly at the Grant Library. The briefing times are Wednesdays at 1:30 p.m. and Thursdays at 1:30 and 3:30 p.m.

The Army's Special Forces is a strategic, multi-purpose force capable of rapid response to various contingencies around the world. Called "Green Berets," these highly-skilled Soldiers are trained in unconventional warfare, foreign internal defense, direct action, special reconnaissance, combating terrorism, information operations and counter proliferation.

Special Forces candidates must be mature and self-motivated; open and humble; and better conditioned physically and emotionally than the average Soldier. All interested male Soldiers, privates first class to staff sergeants, and second and first lieutenants are encouraged to attend. For more information, contact Sgt. 1st Class Bill Roepe at 524-1461.

CIF Hours

Central Issue Facility hours of operation:

Regular business hours

Mondays, Tuesdays, Wednesdays and Thursdays from 7:30 a.m. to noon and 12:30 to 3 p.m. and Fridays from 7:30 a.m. to noon.

Initial/partial issues

Mondays, Thursdays and Fridays from 8 to 11:30 a.m. and 12:30 to 3 p.m. and Mondays, Tuesdays, Wednesdays and Thursdays from 12:30 to 3 p.m.

Direct exchange

Mondays, Tuesdays, Wednesdays and Thursdays from 12:30 to 3 p.m.

Partial turn-ins

Mondays, Tuesdays, Wednesdays and

Thursdays from 12:30 to 3 p.m.

Full turn-ins

Appointments are scheduled Mondays, Tuesdays, Wednesdays and Thursdays, call 526-3321.

Effective immediately: Replacement will be scheduled Monday, Thursday and Friday mornings. Demobilized units tentatively have Tuesdays and Wednesdays to schedule out processing. Mobilization units will schedule unit direct exchange by appointment. Unit supply sergeants will collect Soldiers' DX items and schedule CIF appointments. A CIF employee will work one-on-one with a supply sergeant.

Active-duty units — Permanent

Change of Station/End of Time in Service/chapters/retirees will make an initial out processing appointment Mondays, Tuesdays, Wednesdays and Fridays for turn-in. All follow-on appointments (14 OCIE items or less) will be scheduled if needed.

Bulk issue and turn-ins — by appointment only.

Appointments can be made with

Kristine Harald at 526-3321. POC for this information is Frank Howard, CIF supervisor at 526-6477.

Laundry Service

Post Laundry Service — The post laundry service provides free laundry service to Soldiers for government-owned property only. Items issued by the Central Issue Facility should be cleaned at the post laundry prior to turn in. Allow extra time for items to return from the cleaners. It is not recommended to pick up your equipment on the same day as the scheduled CIF appointment. Turn around for service is 72 hours.

No appointment is necessary. The post laundry will not clean personal items like Battle Dress Uniforms, boots, tent pegs, canteens, entrenching tools or wet-weather gear. Material TA-50 items that can be washed include: sleeping bag assembly, chemical suits, Gortex, ruck sacks, coveralls, CVC jackets and most web equipment.

Hours of operation are 7:30 a.m. to noon and 12:30 to 3:45 p.m., Mondays through Fridays, excluding holidays. For more information, call 526-8806 or 526-8804.

Briefings

eArmyU — eArmyU program briefings are conducted at the Mountain Post Training and Education Center, building 1117, Tuesdays at 9 and 11:30 a.m. and Wednesdays at 1:30 p.m.

The Army Career and Alumni

Center briefing is required for all depart-

ing servicemembers. The current ACAP policy is to register personnel ETSing one year out and retirees two years out. Briefings are held Mondays, Tuesdays, Thursdays and Fridays from 8:30 to 10 a.m.

Call 526-1002 or 526-0640 to schedule a briefing.

Are you ending your time in service?

If you're within 120 days of end of time in service, you must immediately call 526-2607 or 526-2599 to make your appointment for your mandatory Reserve Component Briefing.

The Commanding General's

Newcomers' Brief is the third Wednesday of each month, 1 to 3 p.m. at McMahon Theater.

Hours of operation

Education Center hours of operation — The Mountain Post Training and Education Center's hours for certain programs and services are as follows:

Counselor Support Center —

Monday through Thursday, 7:30 a.m. to 4:30 p.m. and Friday, 11 a.m. to 4:30 p.m.

Army Learning Center and Basic Skill Classes — Monday through Thursday, 9 a.m. to noon and 1 to 4 p.m.

Defense Activity for Non-Tradition Education Support and Advanced Personnel Testing — Monday through Friday, 7:30 a.m. to 4:30 p.m.

eArmyU Testing — Monday through Thursday, 8 a.m. to 4:30 p.m. and Friday, 8 a.m. through 4:30 p.m.

eArmyU Office — Monday through Thursday 7:30 a.m. to 4:30 p.m. and Friday, 11 a.m. to 4:30 p.m.

Military Occupational Specialty Library — Monday through Friday, 7:30 a.m. to 11:45 a.m. and 12:45 to 4:30 p.m.

Claims Division hours — The Claims Division office hours are Monday through Thursday from 9 to 11:30 a.m. and 1 to 4 p.m. The office is closed Fridays.

Personnel Claims hours:

Mandatory briefing: Mondays and Wednesdays from 10 a.m. to 2 p.m. Submit DD 1840/1840R

Receive documents for filing:

Submitting completed Tuesdays and Thursdays from 9 to 11:30 a.m. Claims: 1 to 4 p.m. Closed on Friday.

If there is an emergency personnel claims issue on Friday, call Tina Kolb at 526-1352.

Editor's note: The deadline for submitting "briefs" to the Mountaineer is 5 p.m. Friday before publication.

Dining Schedule

Weekday Dining Facilities

James R. Wolf (building 1444)
3rd ACR CAV House (building 2461)
Mountaineer Inn (building 1369)
10th SFG (A) (building 7481)
3rd BCT Strikers Cafe (building 2061)

Weekday Meal Hours

Breakfast 5:30 to 9 a.m. (All facilities)
7 to 9 a.m. (James R. Wolf)
Lunch 11:30 a.m. to 1 p.m.
Dinner 4:30 to 6:30 p.m.
5 to 7 p.m. (James R. Wolf)

July 23 to 29

Exceptions

- Patton House is closed until further notice.
- Striker and 43rd ASG are open Saturdays and Sundays.



Saturday, Sunday and Training Holiday Dining Facilities

3rd ACR CAV House. (building 2461)
James R. Wolf (building 1444)
Mountaineer Inn (building 1369)
3rd BCT Strikers Cafe (building 2061)

Saturday, Sunday and Training Holiday Meal Hours

Breakfast 7:30 to 9:30 a.m.
Lunch 11:30 a.m. to 1 p.m.
Dinner 4:30 to 6:30 p.m. 3 to 5 p.m. (James R. Wolf)

Army hits third quarter retention mark

by Courtney Hickson
Army News Service

WASHINGTON — The active Army is at 100 percent mission accomplished of its retention goal for the third quarter.

In addition, Brig. Gen. Sean Byrne, chief of Military Policy, G1, said all 10 divisions are at or above 100 percent retention. He also said the aggregate number for the Army is 100 percent.

When units have Soldiers deployed, those units often have lower retention rates, but when Soldiers return to the base, those numbers rebound. Byrne said some of the reasons for the increase are the Soldiers are getting reinvolved in the post and discussing their situations with their families. When Soldiers from the 82nd Airborne returned home, their retention numbers increased from 9 to 10 percent, he said. Additionally, the Army surveys Soldiers as they return from deployment and Byrne said they have been getting good feedback.

"There may be some talking, but Soldiers aren't walking," Byrne said.

The Soldiers impacted by the stop-loss are counted as eligible for re-enlistment and the Army is actively perusing them to re-enlist. There were about 9,500 Soldiers impacted by stop-loss, according to Byrne.

In order to compete with the civilian sector, the Army offers bonuses and competitive wages. A little over half of the military occupational specialties qualify for bonuses at re-enlistment time, with the average bonus for someone who re-ups for three years being \$4,200 and six years \$8,300. In addition, the Army offers various programs with enlistment.

"You are not going to find a more patriotic group

of young Americans," Byrne said.

About 5,600 Individual Ready Reserve were recently notified they were being called to active duty to fill 4,400 requirements. There may be the need for additional Soldiers in the future, Byrne said.

The IRR Soldiers received a mailgram telling them they are being called to active duty and another packet would arrive with their orders 30 days later. At that point, they will be told where to report and go through an intensive screening and then receive common task training.

If IRR Soldiers have been out of the Army for a while, they will get current military occupational specialty training. They will then report to an installation to join with their unit, 60 to 90 days before deployment.

The Army is also trying to provide predictability for Soldiers, as to when they will deploy.

"We try to get the Soldiers together 90 to 100 days before so they are doing things collectively," Byrne said. "They deploy as a unit and come back together. The focus is on the unit."

This predictability will allow Soldiers to have full knowledge of when they are going to deploy so they can be with their unit before deployment. Additionally, this will allow for greater unit stability. The effort to create predictability is to allow Reservists and National Guardsmen called to active duty enough time to work with their employers.

Byrne also spoke briefly about the Reservists and National Guardsmen having employee rights, full benefits and having their jobs held for them.

Lt. Col. Richard Guzzetta, a National Guardsman, said as members return from Iraq they are working very closely with the communities to

welcome them home properly. He also said there are more than 400 family assistance centers to aid families of National Guard members while they are deployed.



Photo by Spc. Joseph Hickey

Sgt. Rose Cerda, right, 1st Cavalry Division, re-enlists for a six-year term at the division's headquarters building July 3. Lt. Col. Frank Caponio, the division's chief of personnel, conducted the re-enlistment ceremony.

ACAP

From Page 5

The ACAP center also has many programs that prepare a client for interviews with potential employers. The counselors teach different interviewing techniques for one-on-one interviews, group interviews and meal interviews. There is also an interactive computer program that records the client's responses to a mock interview using a video camera and microphone. After the clients have completed the mock interview, the video is played back in order for them to see what their strengths and weaknesses are during an interview. "We teach clients how market themselves," said Barnson, "We teach them the tools they need to find a job."

Although this kind of counseling and training service could cost thousands of dollars from commercial agencies, it's free through the ACAP center, said Barnson. If the client has not found a job once separated from the Army, they still have free resources available from ACAP six months after fulfilling their military obligation.

The success of the ACAP has not only brought many jobs to ex-military personnel, but it has also contributed in the decline of unemployment insurance paid to those without jobs. In 1991, after the Gulf War, more than \$297 million was paid in unemployment insurance to Soldiers who could not find a job after separating from the military, said Barnson. That number has significantly decreased to a little more than \$152 in 2003 million since the creation of the ACAP in 1991, continued Barnson.

The numbers are in favor of the Soldier, there are more job opportunities out there than what it may seem, and ACAP can help them find those jobs, Branson said. "That's what it's all about — helping Soldiers."



Photo by Pfc. Stephen Kretsinger

New Mountain Post Team member...

Col. David Saffold, deputy commander (support), 7th Infantry Division and Fort Carson, is greeted by members of the Mountain Post Team after a welcome ceremony held in his honor July 19 outside of the Post Headquarters building. Saffold arrives to Fort Carson from Joint Forces Command, Norfolk, Va., where he was the command's director of the Joint Logistics Transformation Center. Prior to the joint assignment, Saffold commanded the 4th Infantry Division (Mechanized), Division Support Command, out of Fort Hood, Texas. The reviewing officer for the ceremony was Maj. Gen. Robert Wilson, commanding general, 7th ID and Fort Carson

Community

Fort Carson Child Youth Services offers program for summertime fun

by Sgt. Jon Wiley
Mountaineer staff

If you're looking for a safe and stimulation environment for your children to spend time in this summer, you're in luck. Fort Carson's Child Youth Services is expanding its open recreation program to include youths in grades three through five.

Beginning Aug. 7, CYS will open the Beacon School-age Center every Saturday, noon to 4 p.m.

"We currently have an open recreation program for youths sixth grade

and higher Monday through Sunday. Now, we're going to provide the same opportunity for younger youths (Saturdays)," said Darrilyn Young, CYS centers coordinator.

The third- through fifth-graders will be able to sign themselves in and out and participate in many of the same activities older youths do.

"The computer lab will be open, (and) we're going to have activities based on 4-H and the Boys and Girls Club materials. We also have a game room with foosball tables, basketball

and other games," said Young.

Young said CYS staff will be there to supervise.

"We're going to meet all of the requirements we have for our before and after school program," she said. There will be one staff member for every 15 youths.

To participate, youths must be registered with CYS. There is an annual registration fee of \$18 for a single child and \$35 for a family. After that, going to the center on Saturdays is free.

The registration fee is good for all CYS programs in the Army and can be transferred to another installation if a family makes a permanent change of duty before its year is up.

Meals won't be provided on Saturdays, but children can bring food with them or sign themselves out for lunch.

The Beacon School-age Center will remain open through the school year and youths are encouraged to come for help with homework.

CYS is also expanding its hourly care program for youths ages six weeks through 12 years.

Thirty spaces have been added for a total of 70.

To participate in this program, youths have to be registered with CYS, and parents have to call two weeks in advance to make a reservation. The cost is either \$3 or \$2.25 an hour, depending on a family's total income.

Children who are in the hourly care program will do the same activities as those in regular day care.

"All of our programs are accredited



Photos by Sgt. Jon Wiley

Jordan Bothern, 7, saws wood during a woodworking class at the Beacon School-age Center. Bothern recently sharpened her carpentry skills by making a key holder as part of the class curriculum.



Arielle Stephenson, 7, practices using a sewing machine. She made the dress she's wearing and modeled it for a fashion show at the center.

by the National Association for the Education of Young Children, so every room has activities for all ages throughout the day, to include infants," Young said.

Spaces are available 7 a.m. to 5 p.m. Monday through Friday in the West Center, building 6060 and the East Center, building 6058. To make a reservation or for more information, call 526-5979.

For information about the open recreation program or other programs, call Darrilyn Young at 526-3357.

Hospital renovations won't affect patient care

by Eddie Kovsky
Academy Spirit staff

The first stage of construction on the 10th Medical Group's Hospital at the Air Force Academy begins mid-August, though preparations are already under way.

Some patients may find themselves being treated in a temporary facility instead of the hospital's first floor as construction progresses.

The \$21.5 million project adds 30,000 square feet to the existing facility and renovates almost 60,000 square feet. When completed September 2006, the hospital "will be a top of the class Department of Defense Medical Treatment Facility," said Maj. Paul Conner, chief of Clinical Engineering for the 10th MDG.

Most of the first-floor facilities will be moved to the temporary modular facility located in the lower west parking lot November, where they will stay until renovations are finished.

Construction work around the facility will affect

traffic patterns, including the loss of the lower west parking lot.

The 10th MDG staff has worked hard to ensure adequate patient and visitor parking throughout the 2.5 years the project is expected to take, Conner said.

Vehicle access to the emergency room will be limited during the project. It is important that anyone using the hospital not park their vehicle in front of the emergency room, as this can block access for emergency vehicles or other patients.

The renovated facility will have a giant waiting room, new surgical rooms, a new laser eye surgery center and an MRI machine expected to be the best in the state and the DOD.

"Health care is a lightning-paced industry. Our facility and layout must be in a position to take advantage of advances in medicine," Conner said. "Our patients deserve world-class health care and the best equipment we can provide."

The temporary facility offers significantly less

administrative space than the first floor does. The amount of patient-care space remains the same, but waiting, admittance and office space will be reduced up to 50 percent.

Patient safety is important during the construction. Conner said patients and visitors to the hospital need to pay careful attention to signs, as the paths between departments will change as construction crews move from one phase to the next.

"We will maintain a complete separation between construction areas and our patients and visitors," said Conner. "We just want our patients and visitors to be aware of the construction areas and not wander through areas that are clearly marked as 'no entry.'"

The 10th MDG staff asks that visitors be patient during the construction project. The waiting areas will be significantly smaller, and appointment times may be irregular. The staff is working long hours in order to maintain patient care, so appointments may be early in the morning or late at night.

Chaplin's Corner

Sins do not discourage God

**Commentary by Chap. (Maj.) Duane H. Kincaid
Medical Department Activity**

For those people who are not Jewish, Tisha B'Av, Tuesday, probably has no meaning. It is a day of fasting, which marks the destruction of the first Temple in Jerusalem by the Babylonians in 586 B.C. and the second Temple by the Romans in 70 A.D.

For the Jews, this is a day of remembrance, since the destruction of the Temple was regarded as punishment for sin. On the Saturday before, called Sabbath Hazon, Isaiah 1:1-27 is read, and contains a denunciation of Israel's sins, "Hear, O heavens! Listen, O Earth! For the Lord has spoken: 'I reared children and brought them up, but they have rebelled against me.'"

Most of us really don't want to be reminded of our mistakes or sins; we usually know rather well when we've done wrong. We often are ashamed of our actions or thoughts and would rather not be reminded of our failures.

But remembering is not such a bad thing; like my father used to remind me on the occasion of a spanking, "You'll remember you did wrong!"

Depending on the severity of the punishment, I usually did remember, and even if I dared to do it again, the punishment remained a constant in my mind. It is amazing what a little thought can do before we act, for it can change the whole outcome.

Like the Jews, we all need to remember our sins

and try harder to not do them again. If we'd only think before we act, or not say that careless word, or not do that stupid thing.

How many of us are guilty of our own stupidity? It seems we forget our impact on others, or maybe even the catastrophe we can inflict on ourselves. If the truth be known, we often bring our own troubles on ourselves ... nobody to blame but ourselves.

Can you hear the words of Momma? "Don't use that kind of language; don't go to those kinds of places; don't be around those kinds of people; be nice ..." Maybe Momma was right on in her warnings.

Beginning in verse 16 of the Isaiah passage which reads, "Take your evil deeds out of my sight! Stop doing wrong; learn to do right."

More powerful words have never been written. If only we could do just that — stop doing wrong and learn to do right — our world would be a much better place. The real travesty here is when we continue to

do wrong, even when we remember our prior wrong doings.

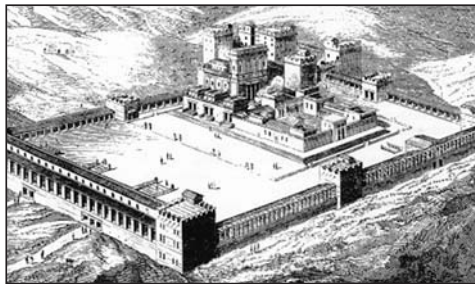
Maybe we're not too smart in that area, but it seems to me that learning from our mistakes has great merit. Oh we might fear the punishment for doing wrong, but the pain of failure and disappointment to those we love is indeed a greater burden.

God loves us, and when we sin it hurts him deeply. The beautiful thing about God is that he's not just a God of punishment, but a God of forgiveness and encouragement.

We all sin, and we can all be forgiven too. Doing right or wrong is something we face each

day — the choice is ours. Just as we know when we do wrong, most of us know what right "looks" like too, and doing it may become a great challenge. Never forget that God hates our wrongs but loves us still.

Remember your sins and strive to honor God with being the best person you can be — with his help, of course.



Community Briefs

Miscellaneous

Self-help weed control program — Army Regulation 200-5, Pest Management, requires pesticide applicators on military installations to be certified. The Directorate of Environmental Compliance and Management has developed a self-help program that allows military members, after they receive the necessary training, to be issued a pre-mixed Round-Up herbicide to treat weeds in rocky areas around their barracks, service and administrative areas and motor pools.

In order to meet strict regulatory requirements for application of these products, units that wish to participate in the Self-Help Weed Control Program must have their military members trained in the proper handling, transport and application of herbicides. Once an individual has received the required training, the DECAM can issue them pre-mixed herbicides in sprayers or Weed-N-Feed with spreaders for their use.

Training sessions are held every Tuesday from 10 to 11 a.m. through the end of October at building 3711. Each unit may send up to five people for training unless pre-approved for more through the unit commander and DECAM. Sprayers and/or spreaders can be picked up and returned to building 3708 Monday through Friday between the hours of 9 a.m. and noon only.

To find out more about the Self-Help Weed Control Program, call the Pest Control Facility at 526-5141. The Fort Carson housing contractor is responsible for the application of herbicides for weed control in family housing areas. For more information on housing weed control, call the housing contractor at 579-1606.

Camp and sports physicals — Evans Army Community Hospital has set aside additional physical slots to meet the high demand. Call soon to get a time that works for you.

School physicals are not a requirement for entry into any local school.

Immunizations will need to be updated for children entering kindergarten and children 11 to 12 years of age.

Pediatric Immunization Clinic Hours: 7:30 to 11:30 a.m. and 1 to 3:30 p.m. Monday to Friday. Closed after 11:30 a.m. the second Thursday of the month.

- Immunizations are done on a walk-in basis
- Call 264-5000 to make an appointment for a physical.

Health and Safety Office closing — The American Red Cross Health and Safety Education Office in room 1801 at Evans Army Community Hospital will be closed for two months. The Health and Safety program is part of the Pikes Peak Chapter in Colorado Springs which is currently undergoing a transition.

sition.

If you are a military unit or family member interested in a community cardiopulmonary resuscitation/first aid or other health and safety education classes, call the chapter at 632-3563. The new address is: 1040 S. 8th Street in Colorado Springs, across from Motor City.

Youth sponsorship training — Army life means having to leave your home, school and friends to move to a new installation. Youth sponsorship offers you the opportunity to make new friends and help someone adjust to his or her new home.

Classes are offered one Saturday per month at the Family Connection Center in building 1354, from 2 to 4 p.m. Upcoming classes are Saturday, Aug. 21, Sept. 18 and Oct. 16. For more information on youth sponsorship, call 526-1070.

Voting information — For voting information or voting materials, see your unit's Voting Assistance Officer or contact the Fort Carson Voting Assistance Officer at 526-8419. You can also find voting information by going to the Federal Voting Web site at www.fvap.gov or the Fort Carson Web site at www.fortcarson.army.mil, click on links.

Yard Sale — The Fort Carson Mayors' yard sales are twice a month on the first and third Saturday of the month between 8 a.m. and 3 p.m.; dates are, Aug. 7 and 21, Sept. 4 and 18, Oct. 2 and 16, Nov. 6 and 20 and Dec. 4 and 18.

Both on- and off-post residents can participate. Housing residents can set up yard sales in front of their houses; barracks and off-post residents can set up in the Beacon Elementary School parking lot.

All residents and sellers must comply with the following guidelines:

- Residents are responsible for conducting their yard sale.
- Individual occupants are responsible for trash control and removal, which must be completed by 5 p.m. the day of the sale or citations will be issued.
- Commercial organizations and individuals will comply with all regulations related to commercial solicitation.
- All sellers are prohibited from offering for sale items such as drugs, guns, food or anything that does not conform to the rules and regulations of Fort Carson or the state of Colorado.

For more information, contact your village mayor or the mayor program coordinator at 526-1082 or 526-1049.

Civilian Wellness Program — Make that change from being a couch potato watching sports to being on the team. Join the Civilian Wellness Program. Get ready to play those sports, take that hike, bike or pursue a new sport. Are you ready and able to hike one of Colorado's 14,000 foot mountains and see what a real Rocky Mountain high is all about? Have you ever biked the Sante Fe Trail from Monument to Fountain to see another view of Colorado? Get off the sofa and out of the house and enjoy the beautiful weather and the breathtaking



Army Community Service
Family Readiness Center
719-526-4590



Your Fort Carson ACS Mayoral Program Presents
National Night Out (NNO)

Tuesday, 3 August

4:30 P.M.-8 P.M., Iron Horse Park

Family Activities & Community Information

K9 Obedience Training Demonstration

Self Defense Demonstrations

Food, Fun & Entertainment

Crime Awareness

Kids Fingerprinting

Brought to you by Army Community Service, GMH & the Directorate of Community Activities



sites of Colorado. Take the challenge and join the Civilian Wellness Program for Department of Defense employees. Join the team at the Mountain Post Wellness Center for this unique opportunity. The Civilian Wellness Program allows three hours each week of duty time to work out at the wellness center (approval from supervisor required).

The program starts with an assessment and baseline testing. Individuals set goals and the wellness center team sets up a physical exercise program and provides educational opportunities to increase your total health. This is the opportunity to start a holistic program for a lifetime of good health. Take that first step to a healthier lifestyle. Then step up that mountain and enjoy the view. Call Sandra Ensmann at 525-4264 for information or pick up your enrollment packet. Join the Civilian Wellness Program for DOD civilians. The next session begins Sept. 16 at 9 a.m. This is the last session and chance to get in shape before the holidays.

Your vote counts ...

Mayoral elections set for Aug. 25, 26

by Joey Bautista

Installation Volunteer and Mayoral Program Coordinator

Fort Carson is not just a military post, it is also a community — a community of families working and living together. As such, these families, these villagers, need a voice. They need dedicated and willing people to serve as advocates for them.

These people are mayors.

Each village at Fort Carson has an elected mayor, someone to speak for their residents. It's time for villagers to make their choice. It's time to vote.

Every year all residents elect a mayor

for their designated village. All village mayor positions are open to anyone living within Fort Carson family housing. There are 14 villages throughout the Fort Carson community.

Those interested in running for the village mayor position need to fill out an application prior to Aug. 19 to be considered in the ballot for the mayoral election.

The election will be Aug. 25 and 26. This is when villagers will decide who will best represent their needs as a community.

Residents can vote from 9 a.m. to 5 p.m. at various locations: Army

Community Services, the post exchange, the commissary and Evans Army Community Hospital. There will also be a Morale, Welfare and Recreation vehicle driving through the villages on these two days in order to accommodate residents.

How well a village operates is based on how hard a mayor works. Being a mayor is a challenging task, but a rewarding one. The village mayor is the residents' link to key information on events within the Fort Carson and Colorado Springs community. Mayors publish and distribute monthly newsletters, gather issues, concerns and suggestions within their village. Each month mayors attend a

monthly meeting chaired by the garrison commander, garrison command sergeant major and representatives from each of the various offices: Government Military Housing Family Housing, Provost Marshal Office, Directorate of Public Works-Housing and other community partners. At the meeting, the mayors are their village's voice to ensure that the quality of life is constantly improved and sustained.

Those interested in becoming a village mayor should visit the Army Community Service-Mayoral Program or call 526-1082/4590 for more information.

Chapel

Protestant Adult Sunday School

Classes — are offered each Sunday at 9:30 a.m. at Soldiers' Memorial Chapel, building 1500 (next to the post exchange).

Native American Services — The He Ska Akicita Inipi is located on Fort Carson. All native and non-native people, military personnel, family members and Defense Department personnel are welcome. Anyone interested in attending and praying in this manner can contact Michael Dunning at 382-5331, (c) 330-9537, or (e-mail) micheal.dunning@carson.army.mil, or Charles Erwin at (h) 382-8177, (e-mail) erwin106@juno.com, or Zoe Goodblanket at 442-0929 for information and directions.

Daily Bible readings: In order to assist in regular scripture reading, the following scriptures are recommended. These scriptures are part of the common daily lectionary which is designed to present the entire Bible over a three-year cycle.

Friday — Psalms 49 & 2 Kings 16-18

Saturday — Psalms 50 & 2 Kings 19-2

Sunday — Psalms 51 & 2 Kings 23-25

Monday — Psalms 52 & 1 Chronicles 1-5

Tuesday — Psalms 53 & 1 Chronicles 6-10

Wednesday — Psalms 54 & 1 Chronicles 11-15

Thursday — Psalms 55 & 1 Chronicles 16-20

| Chapel Schedule | | | | | | |
|---|------------|----------------|-------------------|---------------------|--|---------------------------|
| ROMAN CATHOLIC | | | | | | |
| Day | Time | Service | Chapel | Location | | Contact Person |
| M-W-F | noon | Mass | Healer | Evans Army Hospital | | Fr. Battiatto/649-5260 |
| Tues., Wed., Thurs. | noon | Mass | Soldiers' | Nelson & Martinez | | Chap. Patton/526-5769 |
| Saturday | 5 p.m. | Mass | Soldiers' | Nelson & Martinez | | Chap. Patton/526-5769 |
| Sunday | 8 a.m. | Mass | Prussman | Barkeley & Prussman | | Chap. Patton/526-5769 |
| Sunday | 9:30 a.m. | Mass | Soldiers' | Nelson & Martinez | | Chap. Patton/526-5769 |
| Sunday | 10:45 a.m. | CRE | Soldiers' | Nelson & Martinez | | Pat Treacy/526-5744 |
| Sunday | 11 a.m. | Mass | Healer | Evans Army Hospital | | Fr. Battiatto/649-5260 |
| Sunday | 12:15 p.m. | Mass | Provider | Barkeley & Ellis | | Chap. Patton/526-5769 |
| Tuesday | 6:30 p.m. | RCIA | Soldiers' | Nelson & Martinez | | Pat Treacy/526-5744 |
| Saturday | 4 p.m. | Reconciliation | Soldiers' | Nelson & Martinez | | Chap. Patton/526-5769 |
| PROTESTANT | | | | | | |
| Sunday | 9 a.m. | Protestant | Healer | Evans Army Hospital | | Chap. Kincaid/526-7387 |
| Sunday | 9 a.m. | Protestant | Provider | Barkeley & Ellis | | Chap. Borden/526-3711 |
| Sunday | 11 a.m. | Protestant | Soldiers' | Nelson & Martinez | | Chap. Kennedy/526-8011 |
| Sunday | 11 a.m. | Prot./Gospel | Prussman | Barkeley & Prussman | | Chap. Byrd/526-5513 |
| Sunday | 9:30 a.m. | Sun. School | Prussman | Barkeley & Prussman | | Chap. Byrd/526-5513 |
| Sunday | 9:30 a.m. | Sun. School | Soldiers' | Nelson & Martinez | | Dr. Scheck/526-5626 |
| Tuesday | 9 a.m. | PWOC | Soldiers' | Nelson & Martinez | | Chap. Kennedy/526-8011 |
| Sunday | 11 a.m. | Contemporary | Veterans' | Magrath & Titus | | Chap. Ellison/526-8890 |
| Sunday | 6 p.m. | PYOC | Soldiers' | Nelson & Martinez | | Chap. Kennedy/526-8011 |
| Friday | noon | Prayer | Soldiers' | Nelson & Martinez | | Ms. Scheck/524-1166 |
| LITURGICAL | | | | | | |
| Sunday | 10:45 a.m. | Lutheran | Provider | Barkeley & Ellis | | Chap. Lloyd/526-3888 |
| JEWISH | | | | | | |
| For information and a schedule of Jewish Sabbath services, call the U.S. Air Force Academy Cadet Chapel at 333-2636. | | | | | | |
| WICCA | | | | | | |
| Monday | 6:30 p.m. | | Family University | Building 1161 | | Melissa Dalugdug/330-7873 |
| MORMON | | | | | | |
| Sunday | 2 p.m. | LDS | Provider | Barkeley & Ellis | | Chap. Jones/526-3718 |
| NATIVE AMERICAN SWEATLODGE | | | | | | |
| Native American Sweatlodge ceremonies (He Ska Akicita Inipi) are offered to military dependents and Department of Defense personnel for traditional prayer and purification. Fasting before the ceremony is recommended and refreshments are offered following the ceremony. Please call the following for information and directions: Michael Dunning 382-5331 or 330-9537, or Zoe Goodblanket 442-0929. | | | | | | |

The Army Cycle Of Prayer — Each week the Office of the Army Chief of Chaplains will highlight Army units, the Army at large, the nation and religious organizations to focus prayer.

You are invited to join the chaplain community and pray for these individuals and organizations.

Unit: For the chaplain assistants and chaplains serving in the Office of the Chief of Chaplains, in major commands and in various headquarters

and units.

Army: For the chaplains, chaplain assistants and families of the Chaplain Corps as they celebrate the 229th Anniversary of religious support to the Army July 26.

State: For all the Soldiers and families from the state of Virginia. Pray also for Gov. Mark Warner, the state legislators and local officials of the "Old Dominion State."

Nation: For all Soldiers, sailors, airmen and Marines and those

wounded supporting Operation Iraqi Freedom, and for their families. Remember those families and friends who now grieve their losses.

Religious: For denominational and lay leaders in local churches and chapels as they guide and mentor others in their personal discernment of vocation and calling in their lives.

For more information on the Army Cycle of Prayer, visit the cycle's Web site at www.usarmy-chaplain.com.

Flapjack flippin' fun

City celebrates annual feast



The cowboys ride away. Command Sgt. Maj. Terrance McWilliams, left, 7th Infantry Division and Fort Carson command sergeant major, and Maj. Gen. Robert Wilson, right, 7th ID and Fort Carson commanding general, flank members of the Fort Carson Mounted Color Guard and Pikes Peak Range Riders member during the trek to the Penrose Equestrian Center Wednesday following the Sertoma Street Breakfast.

Story and photos by Spc. Zach Mott
Mountaineer staff

There is a lot of history behind the pancakes and eggs served at the 44th Annual Sertoma Street Breakfast Wednesday. The breakfast is the send-off for the Pikes Peak Range Riders' annual trek and a kick-off for the Pikes Peak or Bust Rodeo.

Soldiers from Fort Carson first assisted in the street breakfast in 1955. The breakfast later came under control of the Centennial Sertoma Club in 1960. But, the city of Colorado Springs has been hosting the breakfast since 1950.

About 5,000 people attended this year's breakfast with proceeds benefiting Fort Carson charities as well as Silver Key, Pikes Peak Hospice and Easter Seals.

"It's nice to see the community and Soldiers interacting in an event like this," said Tom Stoll, a Kansas City businessman who is in town for a class. "There isn't a lot of military in Kansas City except for on the Fourth of July, so it's nice to see this."

Maj. Gen. Robert Wilson, 7th Infantry Division and Fort Carson commanding general, attended the event and received a check from the Centennial Sertoma Club to benefit Fort Carson charities. Wilson was also awarded an honorary membership in the Pikes Peak Range Riders.

He called this distinction a great honor and said he was happy to accept the check on behalf of Fort Carson and is proud to be a part of the Sertoma Street Breakfast. Wilson, along with 7th ID and Fort

Carson Command Sgt. Maj. Terrance McWilliams, rode at the front of the range rider formation on the trot to the Penrose Equestrian Center. From there, the horses will stay the night and begin the five-day, 160-mile journey to the Black Family Ranch 20 miles north of Cotopaxi. There are a total of 160 riders participating in this year's Pikes Peak Range Riders event.

The Pikes Peak or Bust Rodeo is coming to the Colorado Springs World Arena Aug. 11 to 15. Tickets are available at Information, Tickets and Registration. Each day's events begin at 7 p.m. except Aug. 15 when the championship round begins at 1:30 p.m.

Cowboys first began competing in this rodeo in 1937 when Spencer Penrose organized it. Penrose moved the rodeo into the 10,000-seat Will Rogers Stadium in 1938 — the stadium was later renamed for Penrose after his death in 1939. From 1973 to 2001, the Pikes Peak or Bust Rodeo was held at the Pikes Peak Equestrian Center. It was moved in 2002 to its present home at the Colorado Springs World Arena.

The Pikes Peak or Bust Rodeo is recognized by the Professional Rodeo Cowboys Association as one of the top 20 annual events.

For those interested in rodeos, but who don't want to wait until Aug. 11, the Cheyenne Frontier Days Rodeo in Wyoming's capitol city begins today. Ticket and other information is available at the Cheyenne Frontier Days Web site at www.cfdrodeo.com



Maj. Tom Tickner, 52nd Engineer Battalion executive officer, serves pancakes to Tom Stoll, a Kansas City businessman who was visiting Colorado Springs to attend a class, during the 44th Annual Sertoma Street Breakfast Wednesday in downtown Colorado Springs.



Chap. (Maj.) Robert Leathers, 10th Combat Support Hospital chaplain, flips one of the thousands of pancakes that were prepared during the 44th Sertoma Street Breakfast in downtown Colorado Springs Wednesday. More than 5,000 people attended the breakfast this year.



Maj. Gen. Robert Wilson accepts a check from Centennial Sertoma Club Member Brett Axton at the Sertoma Street Breakfast. Wilson was later awarded an honorary membership into the Pikes Peak Range Riders.



Proudly Brought to You by Your Fort Carson Directorate of Community Activities, Bldg. 1217 Specker Ave. 719-526-3161
Visit us at www.ftcarsonmwr.com

Out & About

July 23 - 30, 2004

Couples' Golf Tournament

Sunday, August First

starting at 1:00 pm

Four person scramble
sign up as team or as couple

18 holes with cart only \$29 ea.

plus \$10 entry fee (per couple)

covered dish pottluck after competition

for more information, please call 5264122



INTRODUCING ITR Adventure Tours



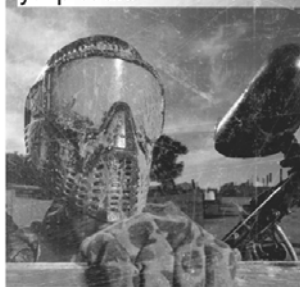
August 28

jeep tours



July 31, August 21

skydiving



August 12

paintball



August 15

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customized trips & dates available

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SOUTHWESTERN PICTURE FRAME

Friday, August 20

3 pm - 6 pm

\$10.00 (pre-register fee)

Call 526-0070 for info.



FREE MOVIE IN THE PARK!!

Iron Horse Park

July 29 at 9:00 pm

For info, call 526-4495

Parent & Child



Golf Outing
\$10 entry fee

August 7, 2004

at 3:30 p.m.

at the Fort Carson Golf Club

Parent pays for their
cart & greens fee
the child plays for FREE!
Grandparents can
play too!

9-hole scramble format

Call the Pro-Shop at 526-4102

Open to military families only



Sports & Leisure

Fort Carson Classic

Post teams prepare for state games



Photos by Walt Johnson

Fort Carson Aces' pitcher Bryant Rushing, center, beats a Schriever Air Force Base runner to the bag by one step during tournament action Sunday.



Lucky 12 runner Charles Casey slides into third base ahead of a potential throw.

by Walt Johnson
Mountaineer staff

The Fort Carson Aces and Lucky 12 varsity softball teams prepared for this week's state softball tournament by participating in the Fort Carson Summer Classic.

The tournament was hosted by the post and featured many of the best E- and D-level teams in the area. Neither post team won the tournament, but both got valuable playing time as they prepare for the state playoffs Saturday and Sunday at the Mountain Post Sports Complex.

The Fort Carson Summer Classic is a program Aces' Coach Bryant Rushing said is designed to help teams get ready to play high level softball.

"The tournament is an Independent Softball Association tournament that we hold here just before the state games each year. This is the last chance a team has to qualify for the state tournament before the state games. This is a sanctioned tournament so when you play in it, you automatically qualify for the state games. We want to give the post intramural teams and local teams a chance to play in a competitive tournament before the

state games begin," Rushing said.

Rushing said he expects about 30 or more teams to participate in the tournament, "because these are the state games which will be played on each of the sports complex's eight fields. The tournament will be run in three brackets: recreational E-level teams, a regular E-level bracket and a D bracket.

The top two teams in the E- and D-level brackets will be invited to compete in the world games in September and the winner of the recreation bracket may also get an invite to the world games.

After her team lost its third game of the tournament, Lucky 12 coach Andrea Grant said this kind of tournament was just what her team needed.

"We played well and we are learning how to win each week. We are getting better each time we play as we play teams with different skill levels. We are looking forward to coming out to play in the state tournament so we can compete, have fun and do what we do," Grant said.

Rushing said the Aces will be ready to play a top-notch tournament after placing third in the last three tournaments the team played.



Fort Carson Aces shortstop Joseph Monroe throws out a runner from his knees during action Sunday.

On the Bench

Teams meet Tuesday to plan for the post flag football season

by Walt Johnson
Mountaineer staff

There will be a meeting for the intramural flag football season Tuesday at the Special Events Center. Call Joe Lujan at 526-6630 for more details.

The state games will come to Colorado Springs and the Fort Carson community.

The state games will begin Friday with games at many of the post sports facilities. Games to be played at the Mountain Post facilities are adult and youth basketball and triathlon.

Now this only happens once every decade or so, so bear with me.

Your humble servant made a small mistake when identifying the Lucky 12 softball team. I identified them as the Lucky 7, and obviously I was mistaken. While I'm on the subject I said they represented the 3rd Armored Cavalry Regiment when in fact, they represent the 3rd Brigade Combat Team. You wouldn't believe me if I tell you I just wanted to see if they were reading the column, would you? I didn't think so (smile).

Anyone interested in more information should contact Sims at 720-

988-5254, Christina Vasquez at 494-9057 or Bill Reed at 524-1163.

The team currently does road work each day from 6:30 to 7:30 a.m. The team does strength and conditioning training from noon to 1 p.m. and technical training, to include sparring, from 3 to 4:30 p.m. Even if a person doesn't make the team or isn't interested in making the team, Sims says there are other values to participating with the team.

McKibben Physical Fitness Center will host a powerlifting competition Aug. 20 to 21.

According to Lenwood Jordan, facility manager, this will be a chance for powerlifters on post to show what they are made of and compete for the post's bragging rights. Anyone interested in competing in the powerlifting event should contact Jordan or Annette Wallace at 526-274.

The next Commanding General Golf Scramble will be held Thursday at the post golf course. People can sign-up at the golf course between now and the day of the tournament. A shotgun start is scheduled for 1 p.m.



Photo by Walt Johnson

Tennis family ...

Lasandra Fonder, left, who has been playing tennis for about four years, gives some lessons to her husband Thomas Fonder Sunday at the Mountain Post Sports Complex tennis court.

Mountaineer Fitness Spotlight



Photo by Walt Johnson

Getting our kicks ...

Members of the post soccer team get in a good practice session Sunday morning at the soccer field adjacent to Forrest Fitness Center. The post team, which currently consists of 12 players, needs 28 players to play in league games this year. People interested in playing for the team should come to the practice sessions held Monday, Tuesday, Wednesday and Friday at 6 p.m. at the soccer field adjacent to Forrest Fitness Center. Anyone who is interested in learning more about the post soccer team, may contact Bill Reed at the Special Events Center at 524-1163.

Mountaineer Intramural Sports



Post title battle ...

Duane Nickerson, Battery C, 1st Battalion, 44th Air Defense Artillery, watches his home run hit during intramural action Monday night at the post softball complex. The intramural playoffs began Tuesday at the sports complex. The post championship game is tonight at 6 p.m.

Photo by Walt Johnson

Mountaineer Varsity Sports



Photo by Walt Johnson

“We Win!”...

Lady Mountaineer outfielder Connie Welch rounds third and heads for home on her game winning three-run homer for the Lady Mountaineers July 14 at the Skyview Softball Complex in Colorado Springs. Welch hit a grand-slam home run earlier in the game as she accounted for seven of the teams runs in the 14-13 victory. The Lady Mountaineers won two games that night and played for first place in their league Wednesday night. Find out how the Lady Mountaineers did in next week's edition of the *Mountaineer*.

Mountaineer Event of the Week

Flames' football benefits local school athletics ...

Members of the Colorado Springs Flames defense, in the black uniforms, swarm a runner from the Denver Pirates Saturday at Fountain-Fort Carson's Gary Barickman Stadium. The Flames, a semi-professional team that features members of the Mountain Post and the Colorado Springs military community, will meet the Utah Wildcats Saturday at Barickman football stadium at 7 p.m. Proceeds from the game will benefit the Fountain-Fort Carson High School athletic program. Tickets are \$6 for adults, \$3 for children 6 to 12 years old and children under the age of 5 will be granted free admission.



Photo by Walt Johnson

Lake Pueblo State Park

swim beach & a whole lot more

Story and photos
by Nel Lampe

Mountaineer staff
odies of water are
becoming harder
to find in the
Pikes Peak area.
Prospect Lake in
Memorial Park



once provided boating, swim-
ming and fishing, but has
now been drained. Sure, there
are indoor and outdoor swim-
ming pools available, but
some people prefer a sandy
beach rather than a concrete
apron surrounding the water.

Such a swim beach
exists about 45 miles away
— at Lake Pueblo State
Park.

A swim beach is just one
of many amenities in the state
park. Rock Canyon Swim
Beach is open daily in sum-
mer, from 11 a.m. to 7 p.m. The swim
beach is a bargain at \$1 per person
admission. The swim area is a nine-
acre lake filled with Arkansas River
water.

And its not just a swimming hole
surrounded by sand. This swimming
pool has a large park area on two
sides, complete with manicured, green
lawn. Sidewalks criss-cross the grass
leading to a large brick covered patio
with 20 or so tables with attached
benches. Many swimmers make their
headquarters at the patio, spreading
out towels, pool toys, swim rings and
picnic lunches.

Coolers and picnic baskets are
allowed in the swim beach area, but
the ticket attendant will check coolers
or prohibited glass bottles. Large trees
shade picnic benches on two sides of
the park. Charcoal grills are available.

The covered patio also houses a
few park benches, dressing rooms,
lockers, a drinking fountain,
restrooms and a snack bar. It's just a
few steps from the water.

The snack bar has a menu selec-

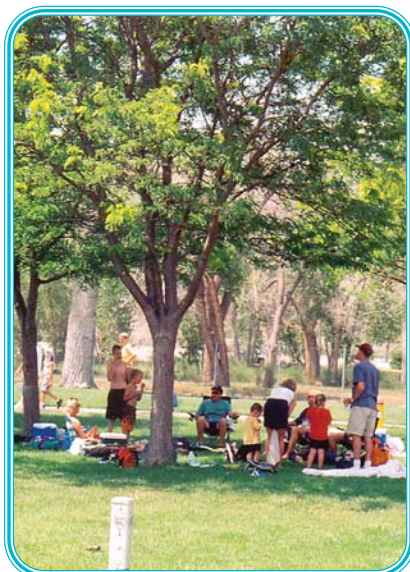


The popular Rock Canyon Swim Beach at Lake Pueblo State Park features a beach, swimming and a water slide. There are trees, picnic benches and a shaded patio.

tion of hamburgers, hot dogs,
nachos and corn dogs, as
well as soft drinks, ice cream
and candy bars. Prices are
reasonable.

Several lifeguards are
posted on towers around the
swim beach. At the west end
of the lake are concessions
for paddle boats, single and
double tubes and row boats.
Tubes rent for \$4 for a single
tube and \$6 for a double
tube. The paddle boats are \$6
per half hour, and boaters
ride an area of the lake sepa-
rate from swimmers. Bumper
boats rent for \$3.50.

A giant waterslide is
near the boat house. The
slide has three flumes and
costs \$1.75 per ride, unless
users buy an unlimited
wristband, which is \$9.95
per person per day. A super
slide pass is \$12.95 and
includes unlimited use of the
water slide or paddle boats and row
boats until closing. Children under
39 inches tall
can get the
unlimited super
slide wristband
or super pass
for half-price.



Swimmers take a break under a shade tree at Rock Canyon Swim Beach.

the Fryingpan/Arkansas project which
dammed the river and created the
lake. In addition to recreation, the
lake has practical uses: flood control,
irrigation water and household use.

A visitor center near the
Southshore Marina displays pictures
and exhibits about the project as well
as the wildlife, terrain, fossils and
fish found in the area.

Restrooms are available in the
building as well as a small selection
of souvenirs, maps and brochures. A
ranger is on duty to answer questions
and a terrace on the lake side of the
building offers great views of the



The scenic lake has a boating dock for use by boaters. There's no extra boating fee to use the lake or dock.

The park came
about as part of

See Lake Pueblo, Page 26

Happy Swimmers



Places to see in the Pikes Peak area.

July 23, 2004

Lake Pueblo

From Page 25

water.

Water sports, such as skiing, jet-skiing, boating, sailing and fishing are popular activities at Lake Pueblo, and many campsites are available in the park.

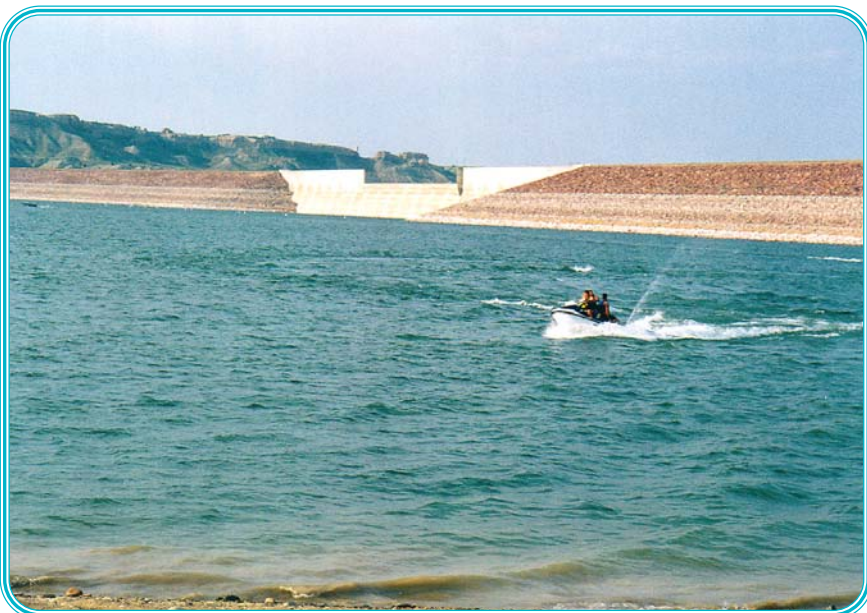
Bicycle paths are in the park, running past the swim beach and along the river. Hiking paths are also in the 9,000-acre park.

Lake Pueblo is 11 miles long and has 5,000 acres of water and 60 miles of shoreline. Although the water is lower than normal because of drought conditions, the water is higher than last year.

Boaters at Lake Pueblo must comply with Colorado Boating Statutes and Regulations. A copy of the rules is available at the park.

There is no extra boating fee, and boaters must use the dock for boats. Smaller watercraft, such as jet skis and wave runners, may be put in the water from the beach.

There's a daily pass fee of \$5 per vehicle which can be purchased from an attendant on duty. After hours, buy the pass at the self-serve dispenser. An annual pass costs \$55, but



Lake Pueblo is popular for water sports. A jet-skier enjoys the water near the dam.

allows unlimited use of any of the 40 state parks in Colorado.

More than 300 picnic sites, with tables, are available for day use only — no camping allowed.

There are 400 campsites which have electricity and water, paved camping pads, tables and shelters. Restrooms, laundry and showers are nearby.

Another 100 campsites are available which have standard table, shade and paved pad, but have no electricity.

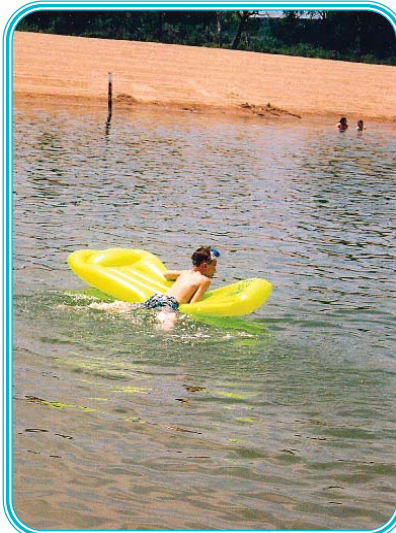
Camping permits for sites with electricity are about \$16 per night. Those without electricity are a few dollars less. Call (800) 678-2267 for information about procedures and paying by credit card.

Camping is available April through

September, and spaces are usually taken quickly in summer months. Because of the altitude at Lake Pueblo and warm temperatures, the recreation season begins in April or May and lasts until August or September.

At the present time, fires are allowed in fire rings and portable cooking stoves.

Fishing is allowed at the lake to people with a valid Colorado fishing license, which can be purchased at the park. Children under



There's room in the water for inflated toys, tubes and swimmers at the swim beach.



The water slide at Rock Canyon Swim Beach is a hit with swimmers.



The water should be above the white rocks, but water in Lake Pueblo is higher than last year. Jet skis can be put in the lake at the shore.

age 15 are not required to have a license. The lake has channel catfish, sunfish, crappie, wall-eye, bass, trout and wiper.

To reach Lake Pueblo State Park, take Interstate 25 south to Pueblo. Take the Highway 50 West Exit, continue for about four miles. Turn south onto Pueblo Boulevard, go about four more miles and take Thatcher Avenue, west.

Follow the signs to Lake Pueblo State Park.

Just the Facts

- **Travel time** less than an hour
 - **For ages** families
 - **Type** swim beach, state park
 - **Fun factor** ★★★★★1/2
(Out of 5 stars)
 - **Wallet damage \$ (entry)**
 - \$ = Less than \$20
 - \$\$ = \$21 to \$40
 - \$\$\$ = \$41 to \$60
 - \$\$\$\$ = \$61 to \$81
- (Based on a family of four)

Get Out!

Renaissance Festival

The Renaissance Festival runs weekends through Aug. 1, Saturdays and Sundays. Admission is \$15.95 for adults, \$8 for children. Take Exit 172 off Interstate 25 north to the fest at Larkspur.

Hornbek Homestead Days

Florissant Fossil Beds National Monument observes life in the 1880s Saturday and Sunday from 10 a.m. until 3 p.m. with an open house at the Hornbek Homestead. There's a \$3 admission to the Fossil Beds.

Pikes Peak or Bust Rodeo

The Pikes Peak or Bust Rodeo opens Aug. 11 with performances at the Colorado Springs World Arena. That evening is designated Fort Carson night and tickets for the Aug. 11 evening performance are available at Information, Tickets and Tours, 526-2083.

Rodeo parade

The annual rodeo parade is at 10 a.m. in downtown Colorado Springs. The parade includes marching bands, horses, floats and more. It's the

city's biggest parade and kicks off the Pikes Peak or Bust rodeo.

Melodramas

"The Thief of Frisco" is presented through the summer by the Cripple Creek Players in the Butte Theater in Cripple Creek. Shows are Wednesday to Saturday at 8 p.m.; 2 p.m. on some days. Call (719) 689-2513 for reservations. Tickets start at \$6.50.

"Run to the Roundhouse, Nellie" is at the Iron Springs Chateau through Sept. 30, Tuesdays, Wednesdays and weekends. Tickets are \$24 for dinner and a show, and \$18 for the show only. Call 685-5104 for reservations. The Iron Springs Chateau is at 444 Ruxton Ave. in Manitou Springs.

Broadway in Colorado Springs

Season tickets are on sale for the new season in the Pikes Peak Center, which includes "Fiddler on the Roof," Oct. 20 and 21; "The Full Monty," March 15 and 16, "Defending the Caveman," April 8 and 9; "42nd Street," May 8 and 9. An optional show is Hal Holbrook in "Mark Twain Tonight!" Call 520-SHOW for information..

Colorado State Fair

The Colorado State Fair runs Aug. 21 to Sept. 5. Concert tickets are on sale at the State Fair Box Office and Ticketmaster, 520-9090, for Stacie Orrico, Chris Cagle, Chris LeDoux, ZZ Top, Dierks Bentley, Trick Pony, Brad Paisley, REO Speedwagon, Olivia Newton-John and

Clay Aiken. Tickets are \$13 to \$33.

Fine Arts theater season

The Fine Arts Center repertory theater has scheduled its new season. "A Funny Thing Happened on the Way to the Forum" is Oct. 1 to 14; followed by "Nuncrackers: The Nonsense Christmas Musical," Nov. 19 to Dec. 12. "Cabaret" is set for Feb. 4 to 27, followed by "Singin' in the Rain" April 29 through May 22. Call 634-5583 for tickets.

Air Force Academy concerts

The Academy Concert season is now on sale. The schedule includes Emerson Drive is Sept. 17, Paul Rodriguez is Sept. 18, Capitol Steps is Oct. 9. In 2005, "Crazy for You" is Jan. 22, Steel Magnolias is Feb. 25, Broadway Rhythm is March 5, "Da Noise, Da Funk" is March 12, "Contact" is March 30 and "Passing Zone" is April 23. Call 333-4497 for information.

Theater

Neil Simon's "Come Blow Your Horn" is at the CastAways Dinner PlayHouse, 107 Manitou Ave. Dinner and show tickets are \$33, call 685-3700.

El Paso County Fair

The 99th El Paso County Fair is in Calhan Saturday through Aug. 1. Calhan is about 30 miles east of Colorado Springs on Highway 24. Check out fair activities at www.elpasocounty-fair.com or call 520-7880.



Photo by Nel Lampe

Homestead Days ...

The Hornbek Homestead, located on the grounds of the Florissant Fossil Beds National Monument, is the site of an open house Saturday and Sunday from 10 a.m. until 3 p.m. Volunteers and staff members in period costumes portray life in the 1880s with old-fashioned games, crafts and lemonade and cookies. Entrance at the Fossil Beds is \$3, including the homestead.



Program Schedule for Fort Carson cable Channel 10, today to July 30.

Army Newswatch: stories on Army One Source, presence patrol in Iraq and 2004 Drill Sgt. Of the Year (repeat). Airts at 7:30 a.m., 12:30 p.m., 7:30 p.m. and 12:30 a.m.

Navy/Marine Corps News: stories on the USS George Washington, evacuation in Bahrain and the Naval Support Activity Souda Bay, Crete. Airts at 8 a.m., 1 p.m., 8 p.m. and 1 a.m.

Air Force News: stories on the role of the Air Force in the Pacific, the Air Force Academy foreign students and Parapups. Airts at 8:30 a.m., 1:30 p.m., 8:30 p.m. and 1:30 a.m.

The Mountain Post Community Town Meeting, held monthly, airts at 9 a.m. and

5:30 p.m.

The Pentagon Channel premieres this week on Channel 9. In addition to standard programs like Army Newswatch, the channel will feature other Army-related programs, including briefings and other Army news.

If you have comments on Channel 10 programming or wish to coordinate a broadcast on Channel 10, please contact Chief of Command Information at 526-1241 or via e-mail at CommandInfo@carson.army.mil.

Program times will be published in the Mountaineer, provided coordination is made one week prior to publication.

For additions to the Community Calendar, please submit an e-mail to the above address, send a clean, typewritten copy of the information to the Public Affairs Office, room 2180, 6151 Specker Ave., Fort Carson, CO 80913, or fax information to 526-1021 no later than the Friday before desired airing time.

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